

# Schedule

PROFESSIONAL DEVELOPMENT  
2019 | 2020

## WORK PAIN FREE! Pay attention to your work posture at the dental office

DENTAL SOCIETY	CONTACT PERSON	DATE	LOCATION
<b>Abitibi-Témiscamingue</b>	Dr. Jean-Sébastien Charette 819 763-0822 • sdabitibi@gmail.ca	September 27, 2019	Hotel Albert Best Western Plus ROUYN-NORANDA
<b>Saguenay-Lac-Saint-Jean</b>	Dr. Karen Jean 418 549-3573 • karenjean500@gmail.com	October 4, 2019	Hotel Universel ALMA
<b>Mauricie-Bois-Francis</b>	Dr. Philippe Tremblay 819 362-6494 • contact@sdbmf.com	October 11, 2019	Hotel Gouverneur TROIS-RIVIÈRES
<b>Nord-Sud</b>	Dr. Denis Roy 418 722-6050 • droy@peakgroup.com	November 15, 2019	Hotel Rimouski RIMOUSKI
<b>Québec</b>	Anna Bilodeau • Dr. Carl Bouchard 418 656-6060 (Thursday 9:00 a.m. to noon) • info@sdcq.ca	November 22, 2019	Hotel Plaza Québec QUÉBEC
<b>Lanaudière</b>	Céline Boucher • Dr. Lyne Gauthier 450 757-0337 • sdlanaudière.admin@gmail.com	November 29, 2019	Centre à Nous REPENTIGNY
<b>Vallée-du-Richelieu</b>	Dr. Stéphane Bisson • Dr. Marc Boisvert 450 460-4464 • dr.bisson@videotron.ca	January 10, 2020	Hotel Rive Gauche BELOEIL
<b>Montréal</b>	Francine Desgagné • Dr. Myrna Naman • Dr. Nada Malouf 514 328-1551 • info@sdmtd.ca	January 17, 2020	Hotel Ruby Foo's MONTRÉAL
<b>Yamaska-Montégérie</b>	Dr. Nicolas Gosselin 450 375-2188 • sdyamaska@hotmail.com	January 31, 2020	Hotel le Castel GRANBY
<b>Laurentides</b>	Dr. Isabelle Fortin 450 227-4744 • isafortin@videotron.ca	February 7, 2020	Hotel Mont Gabriel SAINTE-ADELE
<b>Haut-Saint-Laurent</b>	Dr. Yvan Théorêt 450 377-9800	February 21, 2020	Hotel Plaza VALLEYFIELD
<b>PRESENTATION IN ENGLISH</b>			
<b>Montreal Dental Club Alpha Omega Dental Fraternity</b>	Dr. Bassel Kano • basselkano@hotmail.com 514 673-1111 • info@montrealdentalclub.ca Dr. Melvin Schwartz 514 340-7912 • melvin.schwartz@mcgill.ca Dr. David Baker 514 933-8424 • davidbaker1@gmail.com Dr. Harry Wise • wisedentistry@gmail.com	February 28, 2020	Jewish General Hospital (Block Amphitheatre) MONTRÉAL
<b>Laval</b>	Claudine Darveau Dr. Mario Fortin • Dr. Zovinar Der Khatchadourian 514 434-0735 • info@sdlaval.com	March 13, 2020	Centre de congrès Palace LAVAL
<b>Estrie</b>	Pauline Lacroix • Dr. François Parent-Léveillé 819 578-7007	April 3, 2020	Hotel Delta SHERBROOKE
<b>Outaouais</b>	Dr. Claudia Voiselle 819 205-9515 • societedentaireoutaouais.ca	April 24, 2020	Hotel DoubleTree by Hilton GATINEAU (AYLMER)

### NOTES

All courses are given for free on Fridays by the *Association des chirurgiens dentistes du Québec*. Unless otherwise indicated, the courses will start at 9:00 a.m., but participants are asked to show up at 8:30 for registration.

Non-members of the dental society should get in touch with the contact person in their region to find out the conditions for registration and the fee charged, where applicable.



## WORK PAIN FREE!

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ASSOCIATION DES  
CHIRURGIENS DENTISTES  
DU QUÉBEC

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# WORK PAIN FREE!

—  
Pay attention  
to your work  
posture at the  
dental office

This is a one-day course  
for dentists, dental hygienists  
and dental assistants who  
want to reduce the risks of  
developping work-related pain,  
namely musculoskeletal  
disorders (MSDs).

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## Description

Anatomical and physiological concepts will be covered to help participants understand at-risk work postures and how to correct them. In this course, participants will:

- Update their knowledge in anatomy and physiology;
- Consider the effects of their current postures at work;
- Compare their situation and beliefs to those of other participants;
- Understand how working methods affect their postures at work;
- Grasp the importance of free motion elbow supports for dentists and hygienists and larger torso support for assistants.

## Course summary

### MSDs problems in dental offices

- Current situation
- Risk factors for your neck, upper and lower back, shoulders and hips
- Notions of ergonomics for eye-tasks
- Risk factors for elbows, wrists and hands

### Solutions for reducing MSDs in dental offices

- Work methods, equipment and environment
- Practicing simple movements to help muscles recover

## General goals

- Understand how postures and working methods impose muscular and joints constraints;
- Evaluate your postures at work: safe or at risk of MSDs;
- Recognize the visual constraints related to eye-tasks at work;
- Measure the flexion angles of your neck, your back and your forearms;
- Discover safer equipment and working methods;
- Learn ergonomic approaches to organizing treatment rooms;
- Practice simple movements to help your muscles recover.

## Course instructor



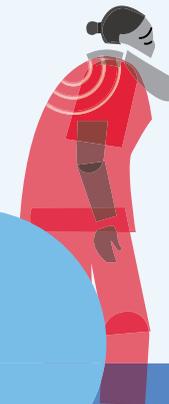
**Rose-Ange Proteau**  
Ergonomist

Rose-Ange Proteau has worked as an ergonomist for 22 years. She began in 1997 as an occupational health and safety advisor to dental clinics during the final stage of her graduate program in ergonomic intervention in the field of occupational health and safety at the *Université du Québec à Montréal* (UQAM). From 1989 to the end of 2018, she served as an advisor to the *Association paritaire pour la santé et la sécurité du travail du secteur des affaires sociales* (ASSTSAS). Before that, she worked as a nurse at an acute care hospital and at a CLSC. She is also the author of the "Prevention Guide of Work Related Musculoskeletal Disorders (MSDs) in Dental Clinics-2009".

Over the years, she has conducted approximately one hundred ergonomic studies for people working at dental offices. She has helped a large number of pain-riddled hygienists, dentists and assistants keep working or go back to work, depending on the case. Recently retired, she enjoys sharing her expertise on means of prevention of MSDs that she has developed over the years with others like you.

## On-site elbow support testing

Dental equipment suppliers have graciously agreed to bring a range of different Posiflex Design stool models designed for your team's various functions to the course site so that you can try them out.



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